

ABSTRACT

5 The present invention relates to an immune activator composition containing either  $\beta$ -glucan or a component derived from a mushroom (e.g., a shiitake mushroom). The invention further provides a method of treating a subject in need thereof by administering the immune activator composition thereto. Specifically, the present invention provides a method of activating immunity or a method of regulating immunity by administering superfine particles of the immune activator composition to a subject in need thereof.